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Family plan fundraiser on anniversary of shock death

Appeal to keep memories alive



JAMES Bott was an apparently fit and healthy young man, then one night he went to sleep and never woke up.
His girlfriend, Jade Clarke, raised the alarm in the early

By Sam McGregor

hours of the morning on July 27, after she woke to find the 21-year-old was not breathing properly.

Mr Bott was taken to the Horton Hospital and later transferred to Oxford's John Radcliffe Hospital, but never regained consciousness.

Three days later, on July 30, his family had to make the agonising decision to switch off his life-support machine.

Mr Bott was found to have rare Brugada syndrome, an arrhythmia which caused his heart to stop beating. He eventually stopped breathing.

Still reeling from shock, Mr Bott's immediate family was tested for the genetic condition and his mother, Karen Bott, of Ruscote, Banbury; brother Rob Breeze, and his father, Terry, were also diagnosed with it. His sister, Amy Bott, was given the all clear.

Within weeks Mr Breeze and his father Terry had heart surgery to fit an ICD, an implantable cardioverter defibrillator, which monitors the heart and shocks it if arrhythmia is detected.

Now, to mark the first anniversary of James' death, family and friends plan to cycle almost 1,000 miles from Lands End to John O'Groats.

The 15-year-old cousin of Aston Villa fan Mr Bott, Joey Wynne, step father Ian Lynes, 46, and best friend Ryan Wallace, 22, will all start their ride on July 30, with Rob Breeze as back-up driver, and hope to reach their destination on August 11, the date of Mr Bott's funeral.

Organiser Rebecca Langton, Mr Breeze's fiancée, of Bretch Hill, said: "In the UK 12 young people under 35 die every week from arrhythmia — more than breast cancer, aids and lung cancer combined. "To keep the memory of James alive, his family and friends aim to raise funds to provide every school in Banbury with a defibrillator."

Miss Langton said that a huge jumble sale had already raised £1,500, enough to pay

for training, maintenance and installation of a defibrillator at Mr Bott's former school — Banbury School, in Ruskin Walk.

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Scheme aims to tackle skills gap – page 3

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Fraudster lived 'the high life' 'Greedy' charity chief jailed

By Ellie Simmonds

A 'GREEDY' charity chief who stole almost £700,000 from the funds and spent it on the high life was jailed for four years and four months.

Dennis Grant, 63, bought a £300,000 home in northern Cyprus and a £62,000 Aston Martin Vantage car as well as a Jeep 4X4 with money he stole from the Cotswold Water Park Society, Gloucester Crown Court heard.

The £56,000-a-year chief executive's frauds went on undetected for two-and-a-half years - until one of his staff realised what was going on and confronted him.

Jailing Grant, who is being divorced by his wife in the wake of his crimes, Judge William Hart told him "This was not a case of someone in desperate need trying to keep themselves or their company afloat by dishonesty."

"You purchased property and impressive and expensive motor cars and greed was undoubtedly the primary motive although I suspect that was aligned to your desire to give the impression of someone far better heeled than in fact you were."

Grant, of Upper Tadmarton, admitted six charges of obtaining money transfers by deception and making false representations.

Planning approval for former nightclub

PLANS to demolish a former nightclub in Banbury and replace it with a shop and eight flats have been approved by Cherwell District Council. B & P Properties Ltd was given planning permission to build the seven additional flats and a 62 sq metre shop at the site of former Le Royale nightclub, in Butchers Row, and create five car park spaces and nine cycle places.

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College takes lead role in linking business and young people

Scheme aims to tackle skills gap

By Amanda Williams

A PILOT scheme to train young people in the skills needed by local employers is up and running in Banbury.

In a joint initiative, Banbury's MP Tony Baldry, Cherwell District Council and Oxford and Cherwell Valley College (OCVC) hope to link businesses and young people.

The idea is to encourage more young people in Banbury to meet local firms and sign up for work or training schemes that meet the needs of the town's employers.

So far 47 companies have signed up and 10 have pledged to take on apprentices.

Businesses were asked to sign up to a 'pledge card' to offer one, or a range of actions, to help young people, from spending an hour explaining their business to offering an apprenticeship.

Mr Baldry said: "The point is we have employers with job vacancies who can't find people with the skills needed, and youngsters who are not finding employment or training, and we have to bring this together."

"Even if businesses don't feel able to offer an apprenticeship straight away, at least commit to giving work experience, or explain your business to a young person or let them come and see your business."

The scheme is designed to help young people not in employment or training, called Neets, of which there are about 500 in the town, and also those in work who want to train for a

different career.

Jack Pilling, aged 19, is currently finishing his first year apprenticeship at Prodrive: "I chose an apprenticeship because I consider myself to be a very practical person and have an appetite to learn. We work alongside OCVC, who can almost tailor-make our course to suit our working environment. Both Prodrive and the College are supportive of apprentices and encourage us to move forward."

"We move round all manufacturing departments at Prodrive, giving us experiences and skills in many different areas. In our first year we had day release to college, which I believe is better as you are learning the theory behind the practical as you are doing it at work. The other benefit is the phrase 'earn while you learn'. It's a perfect description of an apprenticeship. It also allows you to have a trade for the future, and if you plan on going into further education it gives you the opportunity to become a more complete engineer with the practical and the theory behind a university course."

In a report by the council on the local economy, it said the district was just behind the South East average for skill levels, but was in-line with the national average in that it does not build on its skill position year on year.

OCVC is doing its bit to boost skills in the area by working with local business to offer training courses focusing on the local need.

Principal Sally Dicketts said: "The best, most effective and



Prodrive apprentices Ashley Goodger and Jack Pilling (centre) with senior technician Steve Jakeman

successful apprenticeship and vocational programmes are always the ones where there is a genuine partnership between business and the College."

Norman Bolster, Cherwell's lead member for economic development, said: "The number of pledges we've received so far shows that businesses really want to engage with local young people."

For more information view cherwell.gov.uk/businessadvice or call 01295 221860.

News in brief

OXFORDSHIRE Benefits Advice is appealing for volunteers to help man its reception, and the post could lead to further training to become an advisor. The centre is based in Marlborough House, Marlborough Road, Chipping Norton. For more information call Sue or Phil on 01295 255863.

BOSSES at house builder Taylor Wimpey say the firm's financial performance is expected to improve with current trading. The firm, which has 16 sites throughout Oxfordshire including The Cross in Banbury and Orwell Grange in Sutton Courtenay, will also start work on a new site, Kingsmere in Bicester in the summer. In a trading statement, the company which employs 107 staff in the county, said: "We are focused on delivering margin improvement on our existing land portfolio, continued progression of strategic sites through the planning system and the addition of new sites where good opportunities are identified."

VICE principal at Banbury School, Mat Hunter, will become the new head of 600-pupil secondary school Icknield Community College in Watlington from September 1.

INDEPENDENT special school Hillcrest Park, which teaches children with emotional and behaviour difficulties, is providing a "good" standard of education for its pupils, according to Ofsted. Inspectors said the 17-pupil school, which opened in Southcombe in 1995, has a broad and balanced curriculum, enthusiastic staff and outstanding accommodation.

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County is one of the best funded in the UK for treatment

Survival still a postcode lottery

By Fran Bardsley

TREATMENT for lung cancer patients in Oxfordshire has seen a huge funding boost, according to a recent report.

Research by the Roy Castle Lung Cancer Foundation revealed a postcode lottery in treatment, funding and outcomes for patients with the disease.

According to the report, Oxfordshire Primary Care Trust was among the top performers.

In 2009-2010, the most recent year for which figures were available, £3.79m was spent on treating lung cancer in the county, the sixth highest amount spent by any primary care trust.

That was a rise in funding of 82.8 per cent from the previous year, which was the

seventh largest PCT funding increase from 2008-2009 to 2009-2010.

The charity's chief executive, Dr Rosemary Gillespie, said: "Despite recent advances, lung cancer remains a devastating disease and the most common cause of cancer death in England.

"Your chances of surviving lung cancer and receiving a treatment which could benefit you should not be decided by where you live in the country.

"Sadly it is clear that this is indeed the case and there is significant geographical variation in patient survival and patient access to care and treatment."

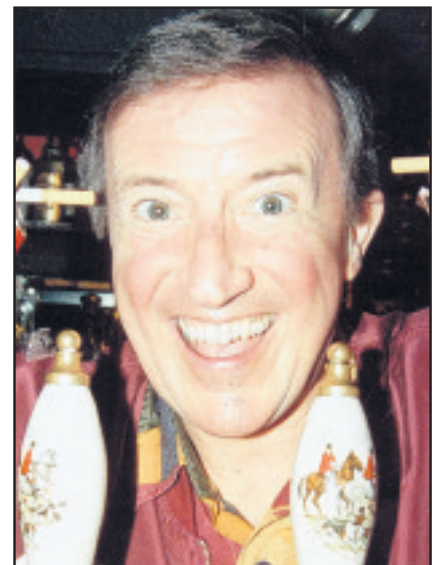
The report also highlighted differences in one-year and five-year survival rates, although data was from 2006 for one-year survival and across 1998 to 2002 for five-year survival.

In Oxfordshire, the one-year survival rate for people diagnosed with the disease was 27.2 per cent, which was broadly average, although the five-year survival rate at 6.2 per cent was among the lowest, with only 21 PCTs having a lower rate.

But the mortality rate overall, based on figures from 2004-2006, was the eighth lowest in the country with 28.8 people dying of the disease per 100,000 of population.

The report also showed that patients in the Thames Valley area lived for longer after diagnosis than anywhere else in the country, with people treated there surviving on average for 224 days — the equivalent of about seven-and-a-half months.

Nationally, the average number of days a lung cancer patient lived after diagnosis was just 188.5 days.



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Inspectors say home is 'not meeting essential standards'

Care home 'concerns'

By Sam McGregor

INSPECTORS have found another Oxfordshire care home is not meeting "essential standards".

The Care Quality Commission carried out an unannounced inspection at Brooklands 2, in Old Parr Road, Banbury, days after a pensioner raised concerns about basic care there.

Bert Dowler, 86, raised concerns about Brooklands 2 after his friend Arthur Forse stayed there.

Former Kraft Foods worker Mr Forse, 89, died at another care home, Southerndown, in Chipping Norton last month.

Mr Forse, a regular volunteer and swimmer at Spiceball Leisure Centre, suffered a stroke last August, but as his health improved, he was moved from hospital to Brooklands 2 on March 18. But friends claim the health of the former WW2 Royal London Irish Rifles soldier deteriorated and he lost weight. He then moved to Southerndown care home on May 16.

Mr Dowler and another friend Jackie Cross say there were problems at Brooklands 2, ranging from lack of cleanliness, poor and unsuitable food, and



Bert Dowler and Jackie Cross

communication issues with staff.

Mr Dowler, of Warwick Road, Banbury, said: "I was visiting him every day. I cleaned his mouth, gave him drinks and provided him with drinks and fresh fruit.

"He could not understand the staff and they didn't appear to understand him either. I had many confrontations with staff."

Jackie Cross, who had known Arthur for about 25 years, said: "He was a caring and loving person who would have given anyone anything."

Brooklands 2 director Mark Taylor said the allegations would be investigated. He said: "In this

case, Brooklands tried very hard to nurse a patient with very severe and complex needs and we devoted a lot of time and effort towards finding the best solutions.

"This allegation goes against the recent trend based upon residents and relatives being surveyed, and from holding frequent interactive meetings."

A spokesman for the Care Quality Commission, which monitors essential standards in care homes, said: "We made an inspection at Brooklands 2 on July 7, and we will be taking further action.

"Clearly essential standards are not being met."

A report on Brooklands 2 is being prepared by the CQC but has not yet been released.

It comes after two Oxford care homes have been shamed in damning inspection reports over the past few weeks.

Earlier this month, the Care Quality Commission found Southern Cross-run The Albany in Headington failed all seven essential safety standards.

And Brookfield Christian Care Home in Greater Leys, which was also run by Southern Cross, was criticised by care inspectors.



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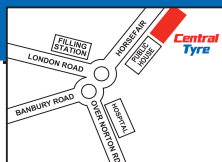
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News in brief

JUDGES from the Royal Horticultural Society have inspected Banbury's floral displays for the regional stage of Britain in Bloom. Last year the town won a Silver Gilt award in the competition.

CHILTERN Railways has opened a new 45-space car park east of Banbury station to help cope with rising demand from commuters. The car park is off Merton Street, close to the Royal Mail depot. Passengers using the car park must pay with the RingGo system, via a mobile phone.

A PUBLIC meeting, organised by Chipping Norton residents opposed to supermarket chain Sainsbury's plan for a second store in the town will take place today. The meeting, at the Crown & Cushion Hotel, in High Street, is at 6.30pm. Among the matters to be discussed will be the formation of an action committee.

Hacked off!

Town fed up over links to the News of the World phones spying furore

STAND up for the real Chipping Norton set.

That is the call from townsfolk who say they are fed up with the spotlight falling on them during the furore over the tabloid phone hacking scandal.

Residents think the town's reputation is under threat because of the powerful media elite dubbed "the Chipping Norton set".

The group of key movers and shakers, include Prime Minister David Cameron, former

By Ben Wilkinson

newspaper boss Rebekah Brooks, and News Corporation boss Rupert Murdoch's daughter, Elisabeth.

Townspeople say they are fed up with the interest in the area, which has become a popular bolthole from London.

Chipping Norton resident Keith Ruddle, 61, said: "There has been obviously a lot of press about the 'Chipping Norton set' and I think a lot of people in the town get a bit cheesed off to be honest.

"Chipping Norton itself is generally a working Cotswold town with a lot of history and heritage. A lot of the attention has been around a small number of

individuals who do not actually live in Chipping Norton, they live out in the sticks."

Former town councillor Gerry Alcock was also less than happy about the fresh tabloid coverage.

He added: "I think it is a terrible shame that these people have brought the town's name into disrepute. It is appalling.

"They have got nothing to do with the town and the town has got nothing to do with them."

Mr Ruddle, who works on *The Chipping Norton News*, offered Mrs Brooks a job at the paper that would help her get "back to the basics" of journalism. She had resigned as head of News International on Friday.

The community newspaper is published by 20 volunteers.

High point of the day



RAIN did not stop the fun as Banbury's second old town party proved a success with shoppers and traders.

Parsons Street, Church Lane and Market Place were alive with music, dance, and even a bicycle piano, as the people in local shops and businesses let their hair down and enjoyed some fun.

Last year traders in Parsons Street, Church Walk, Church Lane and White Lion Walk hosted a party to celebrate the completion of a £1.5m pedestrianisation scheme. Because it was such a success, they decided to do it all over again.

There are more than 126 shops in Banbury's old town area and many of them enticed people in with samples of food and drink.

Street entertainment was also laid on including Rimski Bicycle Piano, Sue Greenway and her Dixie Strollers and Martin Green on classical guitar.

There were also dance displays, a turn from Cherwell Theatre Company's Liam Nooney and Jim Snee as *Holmes and Watson*, balloon modelling and face painting.

Comic Connections owner Glyn Smith said: "We were concerned at first because it was absolutely throwing it down until midday, then the sun came out - as did quite a few people."



TOP: Stiltwalker Archibald Uppercrust meets Noah Wild
ABOVE: Age Concern volunteers Nicky Bramble, James Sammons and Fiorella Jacobson

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Thames Water Utilities Limited Notice of proposal to adopt private sewers and lateral drains

Thames Water Utilities Limited (a company registered in England and Wales under number 02366661, with its registered office at Clearwater Court, Vastern Road, Reading, RG1 8DB) ("Thames Water") gives notice under Sections 102 and 105A of the Water Industry Act 1991 ("the Act") that in accordance with a scheme or schemes made by the Secretary of State under the Water Industry (Schemes for Adoption of Private Sewers) Regulations 2011 ("the Transfer Regulations"):

1. on 1 October 2011:

a. any private sewer (excluding pumping stations and highway drains or sewers) situated within Thames Water's sewerage area and which, immediately before 1 July 2011, communicates with a public sewer; and

b. any private lateral drain (excluding pumping stations) which, immediately before 1 July 2011, communicates with a public sewer vested in Thames Water; and

2. on 1 October 2016, any pumping station which forms part of such a sewer or lateral drain and has not been transferred to Thames Water before that date; will transfer to Thames Water and become a public sewer or public lateral drain belonging to Thames Water unless that private sewer or private lateral drain is subject to an outstanding appeal under Section 105B of the Act.

This notice does not apply to private sewers or private lateral drains which:

1. are owned by a railway undertaker; or
2. are situated on or under Crown land and Thames Water has received notice in writing before 1 July 2011 from the appropriate authority that the private sewer or private lateral drain should be exempt.

Any owner of a private sewer, private lateral drain or pumping station or any other person affected by the proposal to adopt a private sewer, private lateral drain or pumping station, or the failure to do so, may appeal to the Water Services Regulation Authority (Ofwat) within 2 months of service or publication of this notice, whichever is the later.

The grounds on which you can appeal are set out in Section 105B(3) of the Act. Ofwat can be contacted at Centre City Tower, 7 Hill Street, Birmingham, B5 4UA or by email to: appealpsttransfer@ofwat.gsi.gov.uk

Any terms used in the Transfer Regulations have the same meaning when used in this notice.



Celebrations over youth club funding

YOUNG people in Banbury can start celebrating after plans for their youth club have been given the green light, thanks to a £48,000 grant.

Councillors ended months of uncertainty for youngsters in Grimsbury and revealed a list of successful groups, which had applied for a slice of Big Society cash.

On the Oxfordshire County Council approval list was Grimsbury youth club, one of eight groups that shared £250,000 from the £600,000 pot.

Last December, amid controversial council spending cuts, the future of a new youth centre at the former Cattle Market site, off Merton Street, was thrown into doubt.

Several months ago Banbury Young Homeless Project moved into the building and use it during the day.

But thanks to the Big Society grant an "old fashioned youth club" will also be housed there.

Local councillor Ann Bonner, who has been campaigning for a youth club in Grimsbury, said: "It's such good news."

Luke to set up his charity stall



Luke Froude

A COUPLE will be manning a stall in Banbury market on Saturday to raise cash to help build a school in Africa.

Luke Froude is heading off to Kenya in October as part of a team of work colleagues, to help change children's lives by building a classroom.

As part of the Action Aid project, Mr Froude needs to raise £1,500.

He will be travelling to Africa with workmates Kirsty Cook and Amy Johnson, and 22 other Bibby staff from around the country.

Mr Froude, 30, of Appleby Close, Banbury, said: "Each employee has to raise £1,500 to help fund the trip, but the more we raise the better the lasting impact on the community we can make."

"While out in Kenya we will be involved in bricklaying, plastering, painting and everything and anything else that is needed."

"The trip was advertised to all employees as part of the Bibby Financial Services, part of the 'giving some-

By Sam McGregor

thing back program'. I decided to sign up as my wife and I have tried to make the lives of children in this country easier, so I thought this was another really positive thing I could be involved with."

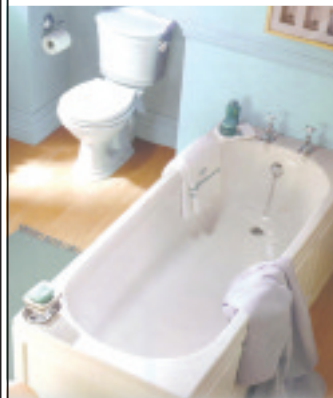
Earlier this year Mr Froude and his wife, Gemma, 29, were presented with a certificate of merit by the charity Support for the Sick Newborn and their Parents. In memory of their son, Finnley, the couple raised more than £20,000 for the charity, which works with the special care baby unit at Oxford's John Radcliffe Hospital. The couple were supported by the charity after their son was born 12 weeks premature and weighing just 1lb 4oz.

Although he grew to 7lb 14oz, he died in June last year, aged 18 weeks, after contracting an infection.

To make a donation see: myactionaid.org.uk/Lukefroude/bura-kenya-classroom-build

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Women seeking men

AFFECTION CONNECTION Active, outgoing female, 26, GSOH, enjoys keeping fit, cinema, socialising, cosy nights in, seeking an honest, caring male, not afraid to show affection, for dates and possibly more. Oxford Box 111545 £

FROM RUSSIA WITH LOVE Tall, dark-haired Russian girl, 26, looking for a professional gent for romance and friendship. Oxford area. Box 110573 £

HOPEFULLY YOURS Voluptuous female, 31, short hair, seeking a nice, good looking, fun guy, 24-57 for laughter and romance. Swindon. Box 104678 £

ENDLESS POSSIBILITIES Cuddly, curvy female, 37, 5'7", dark hair, few tattoos, down to earth & loving, wlm easygoing guy, 37-50 for love & romance. Chippenhams. Box 104713 £

MAKING MY DREAMS COME TRUE Down to earth, caring female, 37, new to area, from Trowbridge, likes nights in and out, cosy times in, beach walks, searching for my soul mate. Box 108629 £

JOIN HANDS Sweet Swindon single mum, 38, loves reading, cinema, dining and, looking for friends and maybe someone special. Box 104988 £

SHARE COMPANY Bubbly, hardworking female, 40, single mum, short brown hair & brown eyes, like cinema, eating out, reading & the odd nights out. Chippenhams/Wiltshire Box 111845 £

LOVE SONNETS Slim, educated, attractive mixed-race female, 40, enjoys the arts, travel and literature, searching for a solvent, educated gent, 40-60, 5'7"+, for friendship and maybe more. Box 111110

NOTHING MORE TO ASK FOR 43yr old short haired lady, medium build, Wallingford based, loves family life, animals, keeping fit, gardening, cooking, driving, seeks honest, caring man for tlc. Box 107602 £

SOUND GOOD? Fun, curvy female, 42, brunette, green eyes, looking for genuine, loving guy, I am caring person with gosh. Likes dining in and out animals. Box 852093 £

HEADLINE NEWS Divorced single mum, 44, enjoys cinema, going out, family life, reading, seeks friendly, understanding guy for friendship, leading to more. Kidlington Box 100212 £

GIVE ME A CHANCE Divorced single mum, 42, seeking a genuine man, possibly a single dad, for friendship, maybe love. I like walking, cinema, socialising and eating out. Kidlington Box 456628 £

CHAT'S ENTERTAINMENT Nice, chatty female, 45, enjoys playing/watching sports, country pubs, walks, travel, seeks understanding man, for good times and more. Swindon Box 100374 £

HOPEFULLY ROMANCE Lively, black female, 45, 5'6", cuddly, enjoys reading, animals, walks in the park, seeks sincere, caring man, 45-55 for company and more. Oxford Box 104150 £

THE GOOD THINGS Blue-eyed Swindon girl, 46, 5'2", brown hair, working, drives, likes socialising, pubs, clubs and more, searching for a loving man, for a happy life. Get in touch. Box 110179 £

SMOOTH MOVE Slim, blue-eyed Trowbridge female, 47, 5'2", GSOH, easy to get on with, enjoys nights out, walks and more, searching for an honest, active, interesting man. Box 109958 £

FOR HAPPINESS Loving, single mum 47, blonde, brown eyes, gosh, from Swindon, looking for my soul mate, 47-55 to settle down with. Box 107530 £

SOMEWHERE OUT THERE Bubbly female, 47, brown hair, blue eyes, from Swindon, likes music, sports, socialising with friends, seeks sincere male, for good company & more. Box 106707 £

OUR MOMENT Lovely, hardworking, petite woman, 47, likes socialising, city pubs, eating out, seeks similar guy, for fun, laughter & hopefully more. Oxford. Box 102616 £

NEW DIRECTION Swindon girl, 48, 5'5", tall, built, blonde, enjoys travel, skiing, town life and socialising, searching for an equally interesting man. Box 108306 £

SHARING THE GOOD TIMES Cheerful female, 48, blonde, hazel eyes, medium build, live in Swindon, enjoys travelling, dining in & out, wlm spontaneous guy, for good times. Box 101568 £

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PARADISE AWAY Divorced lady, 52, likes cooking, animals, socialising, seeks a sincere gent, to settle down with. Bicester. Box 105374

SIMPLY THE BEST KID Loving, caring, attentive lady, 50, seeks genuine, humorous, adventurous, loving, romantic male, 48-55, 6", for friendship & relationship. Bicester. Box 818936 £

I'LL TREAT YOU RIGHT Separated female, 53, gosh, likes going out, socialising, music, seeks friendly male, 38-48 for good times and more. Swindon. Box 104377 £

MADE TO BE WITH YOU Recently separated lady, 54, seeks a N/S independent man, 40-55 to settle down with, Faringdon. Box 104887 £

SHALL WE DANCE? Blonde, blue-eyed Swindon girl, 54, friendly nature, well-travelled and loyal, lover of life, searching for an active, educated man, who appreciates, food, wine and life in general. Box 110895 £

THAT SPECIAL PERSON Honest, bubbly female, 54, kind, loving, seeks tall male, for romance, companionship & lots more. Bicester. Box 110670 £

TAKE A WALK WITH ME Young at heart lady, 54, I enjoy walking, eating out and socialising, and I'd love to meet a similar gent. Abingdon. Box 468119 £

THE TWO OF US Separated, slim, smart, attractive lady, mid-50s, young at heart, likes meals out, dogs, seeking a friend/soulmate to go ahead with in life. Marlborough. Box 463531 £

COULD BE YOURS Sincere female, 56, likes evenings in & out, cosy times in, seeks easygoing male, 40-57 for enjoy good times together. Marlborough. Box 104800 £

STILL WATERS Caring, friendly messiah lady, 56, divorced, pleasant nature, enjoys cinema, bingo and weekends away, looking for a family-minded man, who is sociable and honest. Box 108845 £

STAY FOREVER Divorced Wiltshire female, 56, 5'6", caring, loving and romantic, loves bowling, beach walks and looking at the stars, seeks an affectionate gent, to share interests and a social drink. Box 109949 £

LOOKING TO START AGAIN Non smoking petite lady, 55, seeking non-smoking man who's not overweight, and likes pubs, restaurants and quiet drives. Wantage. Box 465651 £

SO HAPPY TOGETHER Loving female, 58, 5'4", short hair, wears glasses, looking for a long term relationship with a like minded gent, who enjoys the simple things. Bicester. Box 102344

NICE COMPANY Attractive female, 58, 5'6", size 12, no ties, N/S, enjoys socialising, travelling, seeks smart guy with no ties, to enjoy life with. Bicester. Box 100589

COUNTRY LADY Sporty lady, 58, widowed with grown up family. Enjoys walking her 2 dogs and playing bowls for a local team. Seeks similar gent for friendship and romance. Box 100171 £

COULD IT BE YOU? Loyal female, young 57, 5'6", brunette, glasses, easy-going, sociable, likes dirty dancing, music, looking for a man 50-59 for friendship and romance. Trowbridge. Box 464290 £

HAND IN HAND Widow lady, 59, works part-time, enjoys socialising, meeting new people, country walks, holidays, seeks placid gent to enjoy laughter and more. Witney Box 100500

A TRUE FRIEND Separated, easygoing female, 59, likes cooking, evenings in/out, seeks friendly male, to enjoy life with. Witney. Box 100451 £

COMBINE WITH ME Genuine female, 59, 5'11", gosh, Witney based, seeks loving, caring male, for love and romance. Box 107785

GENUINE AND CARING Widow, 50s, 5'6", slender build, I'm social, caring and well travelled, and WILTM genuine, professional guy, a non-smoker, for friendship, maybe LTR. Bicester area. Box 466487

OUTGOING & ENTHUSIASTIC? Oxfordshire widow, 58, slender, 5'6", dark hair, sociable and caring, well travelled, attractive, seeking guy who's caring, professional and considerate. Box 467516

GREAT EXPECTATIONS Widow lady, 60, from Witney, enjoys theatre, family life, holidays, seeks genuine gent, for good times and more. Box 107425

STRICTLY BALLROOM Dance-loving lady, 60, 5'6", searching for a man 5'10"+, N/S, who can live, for friendship and ballroom dancing. Box 111203 £

LOOKING FORWARD WITH YOU Petite woman, 60, Oxford based, looking for a new special friend, for activities and possibly more. Box 108618 £

FUN TO BE WITH Attractive lady, 5'2", 58, very social and enjoys nights out and in, weekends away looking for a man with a gosh who is fun. Box 458867 £

LIFE GOES ON! Hardworking, fun female, 60, likes reading, walking, cycling, wlm nice, decent, honest chap, for friendship leading to more. Oxford. Box 101289 £

CARELESS WHISPER Active, attractive lady, 61, enjoys National Trust, gardening, music, eating out, seeks tall, kind man, for companionship & more. Witney. Box 105219 £

SOCIABLE SORT I'm looking for a sociable man with an active lifestyle for a LTR. I'm 59, tall and blonde, I like walks, cars and gardening. Swindon Box 452750 £

EACH DAY IS A NEW ONE Widow lady, 64, brown hair, blue/grey eyes, likes walking, reading, watching films, family life, gardening, seeks nice gent, for ltr. Witney Box 105525

NEW IN TOWN Easygoing, slim woman, 64, 5'6", blonde, likes jazz, live shows, reading and walks, seeks down 2-earth male, for genuine friendship and more. Box 100721 £

FINALLY YOU'VE FOUND ME Divorced, recent retired lady, 64, N/S, likes walking, reading, cinema, action movies, 60s music, seeks simple gent, to enjoy good times. Oxford. Box 101791 £

HIT THE JACKPOT! Retired banbury widow, 65, looking to change life and share a laugh, loves gardening, ballroom and music, searching for a caring, professional chap, similar age, for company and romance. Box 110818

A WONDERFUL LIFE Retired teacher, 66, 5'6", dark hair with hazel eyes, slim, from Witney, loves the arts, ballroom dancing, walking my dogs, wlm warm headed gent. Box 101289

SEE YOU SMILE Slim, attractive Witney female, 66, 5'6", dark hair/hazel eyes, creative and interesting, searching for an active, arty, music-loving man, to share a few smiles and creative moments. Box 110882

SWEET FUTURE AHEAD Fit, active, country lady, 66, 5'7", slim build, seeks tall, slim, dark haired country man, 57-63. Marlborough/Wiltshire Box 11179

HEADLINE NEWS Happy, healthy, intelligent woman, 66, 5'7", N/S, from Devizes, enjoys gardening, theatre, cinema, holiday and generally nice times. Box 105353

DOWN TO EARTH Happy-go-lucky female, young 67, slim/medium build, love walking, cooking, gardening, kisses and cuddles, looking for a non-smoking, clean-shaven man, 59-65, for a relationship. Swindon Box 454288 £

LOOKING TO START AGAIN Mature lady, non-smoker, 5'6", cuddly build (size 20). WILTM nice, caring, decent man for friendship at first. I like cats and enjoy history and gardening. Swindon. Box 466370 £

GREAT COMPANIONS Widow lady, 71, likes animals, music, theatre, wlm easygoing gent, 60-70 for companionship maybe more. Box 104917 £

TAKE IT FROM ME Slim, happy, healthy, intelligent lady, 71, divorced, searching for a similar man, for friendship and company. Must love dogs. Oxford. Box 111209

FLOW WITH JOY Attractive lady, 71, fun to be with, likes having a laugh, theatre, holidays, generally socialising, seeks similar chap for companionship. Witney Box 100184

COUPLE UP WITH ME Retired nurse, 76, likes reading, countryside, pub lunches, seeks sincere chap, 70+ for true happiness. Oxford. Box 104960

MY SIMPLY WISH Sincere female, 76, from Faringdon, likes gardening, walking, cinema, holidays, cooking, wlm gent 68-70. Box 109439 £

DESTINATION HAPPINESS Lady 76, likes animals, walking, holidays, seeks sincere gent, to enjoy these good times with. Faringdon Box 105561



Women seeking women

LISTEN TO YOUR HEART Cuddly lady, 30, 5'4", short dark hair, single mum, looking for friendship leading to more. Swindon Box 103150 £

ARE YOU THE ONE Easygoing female, 39, 5'6", brunette living in Devizes, thoughtful, caring, affectionate & young at heart, wlm like minded lady, for friendship/committed relationship. Box 107470 £

HOPE THIS WORKS Cherishing lady, 44, great personality, enjoys holidays and going out, seeks special times in a permanent relationship. Box 851817 £

NOTHING VENTURED... Lady, 49, 5'3", blonde nurse, seeks similar lady, 44-52 for socialising and fun. I enjoy many things in life in live in the Oxford area. Box 859689 £

THAT'S THE SPIRIT Green-eyed girl, young 51, 5'7", seeks a loving lady, 45-55 ish, looks and status not important, to share honesty and sense of adventure. Box 101750 £



Men seeking women

HEAVEN & EARTH Fun, exciting, passionate, artistic male, 32, from Oxford, looking for someone similar, interesting and intelligent. Box 107231

WE COULD BE GOOD TOGETHER Down to earth male, 36, enjoys cycling, walking, travelling, seeks laid back female, for good times and more. Swindon. Box 100773 £

CARING SORT Sociable guy, 39, 5'9", medium build, Very caring with GSOH. Hobbies include watching football and playing golf. Seeks slim to medium female/single mum. Box 100151

SWEET DREAMS Blond, blue-eyed, outgoing Abingdon male, 39, 5'10", enjoys walks, travel, heavy metal and more, searching for a lively girl, to share conversation, friendship and a whole lot more. Box 111572 £

MORE LOVE Talkative, lively Abingdon male, 39, blond/blue, 5'10", N/S, into rock music, travel, looking for a lifetime partner, to share a great relationship. Box 110386 £

HEART 2 HEART Sporty, active male, 39, tall with dark hair, own house/car, likes socialising, theatre, social drinks, wlm warm hearted woman, for LTR. Oxford. Box 101832 £

PERFECTLY MATCHED Honest, sporty single dad, 40, 5'9", likes to enjoy life to the full, from Woodstock, seeks good natured female, for fun, laughter and more. Box 106584 £

MAKE A REAL FRIEND Down to earth male, 41, enjoys holidays, socialising, sports & much more, seeking a nice female, for fun times ahead. Box 101121 £

THE BRIGHTEST STAR Smartly dressed chap, 42, 6', stocky build, lives in Oxford, likes dining in & out, keeping fit, seeks smart dressed lady, for ltr. Box 106368 £

SOMEONE TO CLICK WITH Honest, genuine N/S guy, 42, 6'1", medium build, no ties, lives in Swindon, likes theatre, bowling, meals out, seeks single female, for ltr. Box 107035 £

ENJOY GOOD COMPANY Honest male, 43, 6'3", stocky build, gosh, enjoys sports, travel, cosy times in, social drinks, seeks loving female, for happier times. Oxford. Box 101716 £

LOOK NO FURTHER Upbeat male, 43, 5'6", blue eyes, wears glasses, many interests, looking for a lady counterpart, for good company. Box 105558 £

MAKE FRIENDS Mixed-race male, 43, smoker, not employed, usual interests, seeking a female, 35-45, for lasting relationship. Box 101526 £

THE LONG RUN Mixed-race male, 43, smoker, no ties, searching for a like-minded woman, 35-45, no ties, for nights out and friendship. Oxford. Box 102570 £

SO GOOD TOGETHER Easygoing male, 45, 6'2", medium build, N/D, likes cinema, meals out, seeks understanding female, for good times leading to more. Banbury. Box 102913

PART OF YOUR WORLD Genuine male, 45, single dad, likes weekends away, family life, socialising, looking for a outgoing female, for fun, friendship and more. Newbury. Box 103015 £

WE CAN BE HAPPY Fun male, 44, likes meals out, keeping fit, week-ends away, 5'9in, seeking friendly lady maybe more with someone special. Banbury. Box 854670 £

TIME TOGETHER Sincere male, 5'9", medium build, likes social drinks, watching films and life in general, looking for a similar lady, for friendship and more. Abingdon. Box 100723 £

HOPE FOR US Youthful, blue-eyed male, 46, enjoys the gym and good times, searching for a nice, honest woman. Oxford. Box 100657 £

COMING UP EASY Oxford male, 46, 6'1", driver, seeking an honest female friends, for chats, company and more. Box 101009 £

NOT LONG NOW Honest, romantic, hard working male, 46, looking for a beautiful woman to come into my life and make it all the more special. Box 872868 £

SHARE AS A COUPLE Quiet-natured Oxfordshire male, 48, searching for a lady, to share night out, pubs and company. Box 110748 £

HELLO Mature male, 46, 5'11", medium-stocky build, likes eating in/out, walking, sports, lots of fun! Seeking lovely girl for TLC and more. Abingdon. Box 462105 £

GOOD TO MEET YOU Young at heart, optimistic 48yr old, 6'3", own business, likes keep fit, cinema, eating out, walking, seeks slim, tall blonde 40-48, for LTR. Oxford. Box 101931 £

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GIVE LOVE A TRY Hardworking male, 49, 5'7", brown hair, own flat, likes socialising, cooking, nights in, seeks nice, young lady for friendship leading to more. Oxford Box 103002 £

MORE IN TIME Friendly male, 50, 5'5", blue eyes, works with horses, seeking a loving female, 40-60 to settle down with. Box 104741 £

LOTS OF AFFECTION Divorced, caring, trustworthy male, 51, loves the country life, pubs, history, DIY, motor sports, wlm sincere woman, to settle down with. Wallingford. Box 102120 £

JUST GOOD FRIENDS Divorced male, 52, writer & song writer, looking for friendship, day trips out & life in general. Faringdon/Berkshire Box 112004

IN IT FOR THE LONG RUN Genuine bloke, 53, from Didcot, happy go lucky person, looking for a young at heart lady to enjoy life with. Box 111665 £

SIMPLE COMPANIONSHIP Down to earth single dad, 53, looking for a loving, sincere, caring female, 39-55 to settle down with. Abingdon. Box 104484 £

SERIOUS PARTNERSHIP Confident, honest, upbeat father, 56', seeks caring, loving, understanding female, 35-55 for a long term relationship. Abingdon. Box 104583 £

LOVE THE COMPANY Down to earth male, 54, 5'10", gosh, many interests, seeks female, 35-60 any race, for fun, laughter and more. Banbury. Box 104545 £

A FUTURE FILLED WITH LAUGHTER Divorced, young to heart male, 54, own house in Oxford, likes cinema, theatre, clubs, seeks caring female, for happy times and more. Box 107652 £

SOUL MATE WANTED I seek the soul of solace of the shadows, so I need mysterious lady to join me. I am arisan soon be 55, fit agile & I have a spare fishing rod. Box 106793 £

MAKING IT HAPPEN Laid back male, 55, 5'7", muscular build, looking for a fun female, 40-60 for fun, laughter & more. Reading. Box 104111 £

MAYBE THIS TIME Affectionate male, 55, 5'7", likes walking my dogs, keep fit, swimming, cinema, martial arts, wlm caring, genuine lady, 40-60 for love and happiness. Box 100413 £

HAND IN HAND Young 52 year old man from Scotland, seeking a lady 45-53 for fun outings and good companionship. Bicester. Box 462582 £

LOOKING FOR A CHANGE Easygoing male, 55, 5'7", from Wallingford, likes cinema, keeping fit, gardening, walking, seeks kind, honest lady, 45-60 to share life with. Box 106767 £

SOMEONE TO CUDDLE Laid back male, 56, own house, builder, no ties, likes playing cards, evening out, music, seeks affectionate female, for LTR. Didcot. Box 102263 £

SOME FUN AND MORE Down to earth male, 65, Didcot, likes most sports, gardening, DIY, eating out, cinema, seeks easygoing female, for good times and more. Box 107407

DANCE ALL NIGHT Honest, trustworthy guy, 65, gosh, from Oxford, likes social drinks, dancing, looking for a partner with similar interest. Box 106349 £

MAGIC MOMENTS Retired widower, 66, 6', medium build, reliable & trustworthy, likes gardening, animals, playing golf, home life, seeks lady, 55-65, Aylesbury Box 105892

OPEN YOUR HEART Cheerful male, 68, 5'6", slim build, gosh, likes sports, walks, animals, seeks decent lady, 55-70 to settle down with. Banbury. Box 104901 £

MADE FOR EACH OTHER Happy go lucky male, 69, from Oxford, likes cosy times in, chatting & more, seeks honest female, for company leading to romance. Box 106551

SOUL TO SOUL Divorced, active male, 76, looks young, 5'6", enjoys pubs meals, car boot sales, cross-word, wlm charming female, to share quality times. Oxford. Box 100937 £

MY SIMPLE WISH Retired farmer, 82, widower, likes country walks, painting, antique fairs, wlm warm, affectionate, slender lady, 70-75 for a permanent relationship. Banbury. Box 105516

A FRESH START Country loving man, 57, 6ft tall, blue eyes, average build, I'd love to meet a nice lady to go out with and have fun again. Abingdon. Box 463069 £

LIFE IS SIMPLE Laid back, practical male, 57, 5'9", short hair, average build, wears glasses, loves days out, bowling, socialising, country pubs, seeks understanding woman, 45-56 for ltr. Wallingford Box 104639 £

MUSIC OF LOVE Fun loving professional, 58, GSOH, many interests, looking to settle down with a loving, sincere, down to earth female. Wantage. Box 102043 £

Motor centre display will feature a car from every year Celebrations as Ford hits 100-year milestone



The 1930 Ford Model A speedster, capable of almost 100mph

By David Duffy

THOUSANDS of Ford enthusiasts will be celebrating 100 years of Ford UK at the Old Ford Rally on Sunday at the Heritage Motor Centre, at Gaydon, near Banbury.

To celebrate this milestone, the organisers are hoping to assemble a display featuring every Ford model from each year of the century.

Alongside the display of around 400 Fords, will be the oldest Ford in the UK, a 1903 Model A called a Tonneau plus the fastest Model A in Europe – a 1930 Ford Model A Speedster capable of doing almost 100mph.

Old Fords and all derivatives built up to 1985, will showcase the fantastic range of vehicles produced by one of the world's biggest manufacturers.

Visitors will be able to see every model, from Model T to the cars of the pre-war austerity years, agricultural and military vehicles and on

to the more luxurious post-war Zodiacs, Granadas and sporting Lotus Cortinas.

Many more will be on show alongside the commercial workhorses that carried the goods to all corners of the world plus the Transit Van Clubs annual rally.

Emma Rawlinson, event executive for the Heritage Motor Centre, said: "The Old Ford Rally is a fantastic day out and not just for Ford enthusiasts. We're delighted to have the Tonneau and Speedster at the rally which goes to prove that not all old Fords were black and boring."

Advance tickets for the rally cost £11 or £12 on the day for adults, £5 in advance or £8 on the day for children and £30 for an advance family ticket or £36 on the day. Camping is available on both Friday and Saturday night. Prices are £15 in advance or £20 on the day. Tickets or camping can be purchased by phoning the ticket hotline on 01926 645029 from Monday to Friday 10am-5pm.

Crash man named

A MAN who died in a motorcycle crash has been named as optician David Munson, 53.

Married Mr Munson, of Water Lane, Steeple Aston, died after his black Kawasaki ZX was involved in a collision with a red Land Rover Discovery. The crash happened near Barford St Michael, on the B4031 Iron Down Hill.

An inquest was opened and adjourned last week. Police are appealing for witnesses to contact them on 08458 505505 or anonymously on 0800 555111.



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MIND, BODY & SOUL



FOR THE BODY YOU DESERVE

Firstly, let me introduce myself, my name is Donna Hubbard, the founder of Gymophobics. I went from a blobby 13 stones 10 pounds size 16, to the 9 stones 4 pounds size 10 figure that I have maintained for the past twenty three years.

Changing my figure took me just over five months and since then my system has helped more than 100,000 women to slim down and shape up!

I call my system Resisted Tension and it is so different from conventional workouts that it is protected by a Trade Mark. But don't worry about that as I am happy to share it with you in this regular column.

This week I need to start by telling you why cardio vascular exercise (all those exercises which are designed to get your heart pumping such as jogging on a treadmill, exercise cycles, rowing machines, etc) will never get you the figure you want. That's not to say that you shouldn't do any cardio as it will get you fit and help you avoid a heart attack, but as

far as figure improvement and weight loss goes, cardio could be a waste of your valuable time!

To lose weight you need to burn more calories than you eat or drink. You probably knew that already didn't you? So how many calories can you burn when doing cardio? The honest answer is 'not a lot!'

Take jogging for example. You will burn more calories jogging than any other form of cardio. An hour's non stop jogging at a very brisk pace (and you would need to be pretty fit to do that wouldn't you?), will burn at most around 800 calories depending on your weight. Now that may sound a lot but actually it's not. There are some 3,500 calories in every pound of fat on the body so you would need to jog vigorously for some four and a half hours to lose just one pound of fat! That's an awful lot of jogging!

Look out for my next column on the Banbury Cake Mind, Body and Soul pages. In the meantime I want you to try this tummy toning exercise each morning when you get out of bed. In just two or three weeks you will see a noticeable difference.

The Tummy Tuck.

Standing with feet apart, lean forward and hold onto the back of a chair for support.

Now exhale and pull in your tummy at the same time. Pull in your tummy as hard as you can, both in and up. Now hold that position for the count of seven (seconds) and then relax while you take a breath. Repeat that exercise 8 times on day one which you may find surprisingly tiring. On day two repeat the exercise 9 times and so on, increasing the number of repetitions each day (if possible) up to 20 repetitions. (That's enough for anyone!).

If your tummy muscles feel too sore don't be afraid to rest them for a day.

And finally, here is a diet tip that I want you to follow. For the next two weeks I want you to put less food on your plate. Don't change your diet at all. Just reduce your portion sizes. The result may surprise you so remember to weigh yourself today and in two week's time. This will show (I hope) that it is not just what you are eating but the amount that may be the issue that needs addressing.

I am so looking forward to working with you and helping you to gain a body you can love. For more information email me at donna@gymophobics.co.uk

Love *Donna x*

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CARS 2 (U, 112 mins)
Animation/Action/Comedy/Romance. Featuring the voices of Owen Wilson, Larry The Cable Guy, Michael Caine, Emily Mortimer, Bonnie Hunt, John Turturro, Thomas Kretschmann, Jason Isaacs, John Ratzenberger, Vanessa Redgrave, Eddie Izzard, Lewis Hamilton, David Hobbs. Directors: John Lasseter, Brad Davis.

IT had to happen eventually.

Disney Pixar, the most consistently dazzling animation studio on the Hollywood block, was always going to struggle to top the tearful elation and misty-eyed farewells of *Toy Story 3*, the highest grossing film of 2010.

Cars 2 falls short of that modern masterpiece, lacking sufficient heartfelt emotion under the bonnet to really rev our engines in the way that we have come to expect from the mercurial John Lasseter and his team.

For any other studio, this high-octane spy caper would be a triumph, orchestrating some death-defying action sequences that look even more startling in digital 3D.

And certainly young audiences will whoop with glee as tow truck Mater skids and screeches from one disaster to the next as the film's turbo-charged characters circumnavigate the globe in the

first ever World Grand Prix.

However, compared to Disney Pixar's most recent features – *Ratatouille*, *WALL-E*, *Up* and *Toy Story 3* – Lasseter and Brad Lewis's film lacks the polish, which perhaps we've taken for granted.

Lightning McQueen (voiced by Owen Wilson) returns home to Radiator Springs as the four-time champion of the Piston Cup.

Best friend Mater (Larry The Cable Guy) welcomes him back with open doors, as does girlfriend Sally Carrera (Bonnie Hunt).

Italian racing car Francesco Bernoulli (John Turturro) goads Lightning into participating in a newly announced championship organised by environmentalist Miles Axlerod (Eddie Izzard), who will use the grand prix to showcase his state-of-the-art biofuel, Allinol.

However, a group of rogue cars led by the diabolical Professor Zundapp (Thomas Kretschmann) is plotting to sabotage the three races in Japan, Italy and the UK.

Thankfully, secret agent Finn McMissile (Michael Caine) and rookie field spy Holley Shiftwell (Emily Mortimer) are on the case, roping in Mater, who they mistakenly believe to be an undercover American agent.

"Finn McMissile, British Intelligence" suavely purrs the gadget-packed motor.

"Tow Mater, Average



Intelligence," cheerfully replies his rusty sidekick.

Cars 2 is a sweet and colourful yarn about being true to yourself, as seen through the headlights of Lightning, who is embarrassed by Mater's social faux pas and demands the tow truck puts himself into a different gear.

"Why would you ask him to act like someone else?" asks Holley.

Visuals look spectacular and action sequences have been breathlessly orchestrated to take full advantage of the 3D format so you feel like you are burning rubber down winding roads at

dizzying speed. Like all of Disney Pixar's previous films, *Cars 2* is accompanied by a hilarious short – Hawaiian Vacation.

In this six-minute treat, Buzz, Woody and the Toy Story gang

help Barbie and Ken to celebrate their first holiday together by creating tropical climes in Bonnie's bedroom.

That's what friends are for.

RATING: 6.5/10

ABOVE:
 a scene from the film, *Cars 2*

Cinema

Odeon, Horsefair, Banbury: Cars II 3D, U, Daily noon, 3, 6, 9pm. Harry Potter and the Deathly Hallows: pt II 3D* (audio-described), 12A, Daily 2, 5, 8pm, Fri, Sun-Tue, Thu 11am. Senior Screen: Red Riding Hood* (audio-described), 12A, 10.30am (doors 10.15am). Kids' Club: Yogi Bear* (audio-described), U, Sat 11am (doors 10.30am). Box office: 0871 224 4007.

The Theatre, 2 Spring Street, Chipping Norton: Last Night, 12A, Fri 7.30pm. Life, Above All, 12A, Sat 7.30pm. Life In A Day, 12A, Sun 7.30pm. Box office: 01608 642350 (Mon-Fri 10-6pm, Sat 10-2pm).

Odeon, George Street, Oxford: Bridesmaids, 15, Daily 4 (subtitled Wed), 7.30, 10.30pm (subtitled Mon). Cars II 3D* (audio-described), U, Daily

12.15, 3 (subtitled Fri), 5.45 (subtitled Tue), 8.30pm (subtitled Thu), Fri-Sat, Wed 11.15pm. Cars II 2D, U, Daily 11am, 1.30, 4.15pm. Harry Potter and the Deathly Hallows: pt II 3D, 12A, Daily 1.15, 4.30, 7.45pm, Fri-Sat, Wed 11pm. Harry Potter and the Deathly Hallows: pt II 2D (audio-described), 12A, Daily noon (subtitled Fri), 12.30* (subtitled Sat), 3.15 (subtitled Wed), 6.30 (subtitled Mon), 7, 9.45 (subtitled Sun), 10.15pm. Horrible Bosses, 15, Daily 1, 3.30*, 6.15*, 9pm*, Fri-Sat, Wed 11.30pm. Odeon Kids: Yogi Bear, U, Daily 11.15am. Senior Screen: Red Riding Hood, 12A, Wed 10.45am. Box office: 0871 224 4007.

Odeon, Magdalen Street, Oxford: Harry Potter and the Deathly Hallows: pt II 3D*, 12A,

Daily 11.30am, 2.30, 5.45, 9pm. Kung Fu Panda II 3D, PG, Daily 2pm. Transformers: Dark of the Moon 3D, 12A, Daily 10.45am, 4.45, 8.15pm. Box office: 0871 224 4007.

Vue Cinema, Grenoble Road, Oxford: Harry Potter and the Deathly Hallows: pt II 3D, 12A, Daily 10, 11am, 1, 2, 4, 5, 7, 8, 10pm, Fri-Sun 11pm. Harry Potter and the Deathly Hallows: pt II 2D, 12A, Daily 10.30, 11.30am, 1.30, 2.30, 4.30, 5.30, 7.30, 8.30, 10.30pm, Fri-Sat, Wed 11.30pm. Cars II 3D, U, Daily 10.20am, 1.10, 3.50, 6.40pm. Cars II 2D, U, Daily 12.40, 3.20, 6.20, 8.50pm. Kung Fu Panda II 2D (audio-described), 12A, Daily 10.50am, 1.40pm (subtitled Sun), 4.10pm. Bridesmaids (audio-described), 15, Daily 6.30 (subtitled Tue), 9.20pm,

Fri-Sat, Wed 12.05am. Horrible Bosses, 15, Daily 10.40am, 1.20, 3.40, 6.10, 8.40, 9.10pm, Fri-Sat, Wed 11.10, 11.40pm. Transformers: Dark of the Moon 2D, 12A, Daily 12.50, 4.40, 9.10pm. X-Men: First Class, 12A, Fri-Sat, Wed 11.40pm. Diary of a Wimpy Kid II, U, Daily 10.10am. Bad Teacher, 15, Fri-Sat, Wed 11.20pm. Gnomeo and Juliet, U, Sat-Sun 10.30am. Box office: 08712 240240.

Ultimate Picture Palace, Jeune Street, Cowley Road, Oxford: Bridesmaids, 15, Fri-Sat, Mon-Tue, Thu 9pm, Sun 6pm, Wed 6.45pm. The Conspirator, 12A, Fri, Tue, Thu 6.45pm, Sat 6.30pm, Sun 8.30pm, Wed 9.15pm. Breathless, PG, Sat 4.30pm, Sun 4pm, Mon 7pm. Box office: 01865 245288. * wheelchair access



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Banbury has seen an influx of new and exciting bars over the past few months – the range now available is perhaps better than it has been before. From the eclectic style of AKA on Parsons Street to the warm and friendly atmosphere in The Old Auctioneer and from the fresh vibe of the Wine Vaults on Parsons Street to the vast range available at the Fleur-de-Lis. Take a look at their adverts below and see their offers and special events.

The diverse food choices in these bars need to be explored further. Many offering locally sourced produce and served in a variety of different ways to ensure they have something to suit your palate. For a spot of lunch, business professionals will find quick, satisfying and mouth watering menus in all of the pubs and bars on this page each month. Those looking for an evening meal will also find the selection of establishments here inspiring.

From the décor, to the service, to the menu and the beverage selection – Banbury has so much to offer the social crowd. Over the coming months look out for this page and the special offers available from the participants.

For those who enjoy more of a village pub atmosphere with gastro pub menus, keep an eye out for our Local Village Pub Guide coming soon.



As soon as the weather warms up, the social invitations start increasing.

Banbury has a great selection of pubs and bars that offer a variety of foods, real ales and the perfect atmosphere. Whether you are looking for a girlie gossip, a beer with your mates or you have something to celebrate, we aim to inspire you with this monthly page.

At the bottom of this page you will find a specially selected group of local bars that offer some of the best services in town. Each month we will tell you more about what these establishments have to offer



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The Theatre, Spring Street, Chipping Norton: Re-Take That. Tribute to one of pop's greatest bands, Take That. £15, conc £13. 7.45pm. 01608 642350.

White Hart, Sheep Street, Bicester: Music from singer and guitarist Nikki Loy. 9pm. Free admission. 01869 252789.

FRIDAY

GF Club, Spiceball Park Road, Banbury: Music from singer Miss T. 9pm. £1. 01295 252852.

Truck Festival: Hill Farm, Stevenston. Jul 22-24. Three-day event of music and community in the countryside. Weekend tickets £99, ages 13-17 £79, under-12s free but must have a ticket. Day tickets Fri £40, ages 13-17 £33; Sat £45, ages 13-17 £38; Sun £40, ages 13-17: £38. Booking fee applies. Parking: £8. From Fri 12pm. 01865 305305.

Exeter College Chapel, Turl Street, Oxford: Father, Son and Godfathers. The musical-dynastic connections of the German baroque: CPE Bach (Fantasia über 'Jesu meines Lebens'), JS Bach (Zimmermann Coffeehouse Trios),

Telemann (Hamburg Trio Sonatas), Pachelbel (Ciaccona). Featuring Charivari Agréable. 8pm. £16, senior £15, student £10. 01865 305305.

Folly Bridge Inn, Abingdon Road, Oxford: Summer session. Oxford Folk Club summer session. 8.30pm. 01865 768128.

Fox, The Green, Leafield: Music from singer Ann Marie, performing covers both old and new. Free admission. 9pm. 01993 878437.

Holywell Music Room, Holywell Street, Oxford: Adderbury Ensemble Summer Serie, performing the Mozart Piano Quartet in G minor and the Trout Piano Quintet by Schubert. 8pm. £15, £12. 01865 305305.

SATURDAY

GF Club, Spiceball Park Road, Banbury: Off The Hook. 9pm. £1. 01295 252852.

Sheldonian Theatre, Broad Street, Oxford: Glorious Baroque. City of Oxford Orchestra performs: Vivaldi, The Four Seasons; Pachelbel, Canon; Albinoni, Oboe Concerto; Handel, Concerto Grosso. £29, £22, £14 (£29 seats only available from City of Oxford Orchestra. Call 01865 744457). 8pm. 01865 305305.

SUNDAY

Holywell Music Room, Holywell

Street, Oxford: Coffee concert. Heath String Quartet performs Beethoven String Quartet in G, Op. 18 No 2 and Beethoven String Quartet in C, Op.59 No.3 (Rasumovsky). Children aged five-ten yrs free, no under-fives admitted. £11, concession £10. 11.15am. 01865 305305.

TUESDAY

Sheldonian Theatre, Broad Street, Oxford: The Adderbury Ensemble continue their Summer Series in the historic Sheldonian Theatre playing Baroque favourites including Bach Concerto for oboe and violin. Pachelbels Canon and Handel Concerto Grosso. 8pm. £15, £12. 01865 305305.

WEDNESDAY

Exeter College Chapel, Turl Street, Oxford: Consonanze Stravaganti. Vivaldi's Musical Heritage. An elegant display of string virtuosity: Buonamente, Castello, Cavalli, Corelli, Frescobaldi, Rossi, Pasquini, Strozzi, featuring Vivaldi's famous variations on 'La Folia'. Charivari Agréable. 8pm. £16, senior £15, student £10. 01865 305305.

Mill Arts Centre, Spiceball Park, Banbury: Until Jul 23, *The Garden Party*. Presented by Banbury Cross Players. On a glorious summer day, with Pimms on the terrace, what could possibly upset the happy family get-together? Directed by Trish Thompson. 7.45pm. £7.50, Fri-Sat £8.50.

Jul 23 (Millers Bar). An enchanted evening of jazz ballads and blues music featuring Suzette Neptune accompanied on piano by Steve Cooper and Stephen Nash. 8pm. Box office: 01295 279002 (Mon-Fri 9am-8pm, Sat 10-8pm, Sun 11.30am-5pm).

The Theatre, Spring Street, Chipping Norton: Jul 21 Re-Take That. A tribute to the band with dance routines and hits like *Pray*, *Million Love Songs*, *Back For Good*, *Everything Changes*, *Relight My Fire* and more. 7.45pm. £15, concessions £13.

Jul 23, *Tom Thumb*: CANCELLED. Box office: 01608 642350, Mon-Fri 10am-6pm, Sat 10-2pm.

Tooleys Boatyard, Spiceball Park Road, Banbury: Jul 23, *Hell and High Water*. Production by Mikron Theatre. 8pm. £9, concessions £7. Tickets at weggottickets. 01295 272917.

Theatre

The Wharf Inn, Wharf Road, Fenny Compton: Jul 24, *Beer Street*. Production by Mikron Theatre. 7.30pm. There will be a collection after the show. 01295 770332.

The Boat, Birdingbury Wharf, Southam: Jul 25, *Hell and High Water*. Production by Mikron Theatre. 7.30pm. There will be a collection after the show. 7.30pm. 01926 812349.

The Great Western Arms, Aynho, Deddington: Jul 22, *Hell and High Water*. Production by Mikron Theatre. 7.30pm. There will be a collection after the show. 01869 338288.

New Theatre, George Street, Oxford: Until Jul 23, *Grease*. The musical. Danny Bayne (winner of ITV's *Grease is the Word*) as Danny, with Carina Gillespie (*Grease*, *Buddy*) as Sandy. Tickets £17.50-£40.50. Thu 7.30pm, Fri 5.30 and 8.30pm, Sat 5 and 8.30pm.

Box office: 0844 847 1585 and 1588. **Ashmolean Museum, Beaumont Street, Oxford:** Jul 27, *Unmythable*. Presented by Temple Theatre, all the Greek myths you've ever heard of and some you never knew existed. Find out about Heracles and all the Greek heroes in this play, incorporating storytelling at its very

best. See the Ashmolean's exhibition *Heracles to Alexander the Great* after hours and meet the cast afterwards. 6.30pm. £12. Box office: 01865 610407.

Old Schools Quadrangle, Bodleian Library, Broad Street, Oxford: Until Jul 31, *As You Like It* by Shakespeare. Performed on an Elizabethan-style stage, a troupe of travelling players breathes new life into this favourite comedy. Oxford Playhouse Plays Out hosts the Globe Theatre on Tour. £17.50. Tue-Sun 7.45pm, Sat matinée (Jul 23) 3.30pm, Sun matinées 2.30pm. No performance Jul 25, no matinée Sat Jul 30. Post-show talk Wed Jul 27. £17.50. Box office: 01865 305305.

Trinity College Gardens, Broad Street, Oxford: Jul 12-22, *Macbeth*. Shakespeare's disturbing tale of witchcraft, murder and tyranny. Outdoor Shakespeare performed by the Oxford Theatre Guild in association with the Royal Shakespeare Company's Open Stages Project. (NB: no performance Jul 17.) £15, concession £11, matinée £12, concession £9. 8pm, Sat mat £2.30pm. Box office: 01865 305305.

Enter events online at <http://events.banburycake.net>. Late amendments can be emailed to listings@nqo.com Event listings must be received at least ten days before publication day



banburycake.co.uk/leisure
film reviews online

Festival memories go on show



FLASHBACK: Fairport Convention take to the stage at a previous Cropredy Festival

AS the town gears up for Fairport's Cropredy Festival, a display of photographs and memorabilia from the past four decades of the festival has gone on display at Banbury Museum.

Fairport Convention's

Ric Sanders and Chris Leslie paid a visit to the museum to see it for themselves.

Chris said: "I played at one of the first festivals in 1977. It is amazing to see how it has grown through the years and is now a major national event. This

exhibition reflects that and any Fairport fans in the area should pay a visit."

The display runs until September 10. Entry is free.

● For more details contact Banbury Museum on 01295 753752.

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CAKE Sport

Former Banbury defender returns to take over from Billy Jeffrey

Fuller takes command

BANBURY United last week appointed their former defender, Ady Fuller, as their new manager.

It follows the resignation earlier last week, due to health reasons, of Billy Jeffrey.

Fuller, who was boss at Southern League Midland Division side



New manager, Ady Fuller

By Nick Farrant

Daventry Town, will be assisted by former Banbury midfielder Paul Lamb.

He resigned from Daventry in the summer after ex-Charlton Athletic player Mark Kinsella was brought in as manager.

Banbury chairman Paul Jones said:

"We were impressed by their enthusiasm. Although they are fairly new to management their CV is a good one."

"They did well at Daventry and took them to the play-off final last year."

Banbury start their Evo-Stik Southern League

Premier Division campaign with a home game against Hitchin Town on Saturday, August 13.

Their first derby clash with rivals Oxford City takes place on Monday, August 29 when the Puritans visit Court Place Farm.

But on Friday, Banbury United went down to a 3-1 defeat away to Hellenic League side Wantage Town in Ady Fuller's first match in charge.

The Puritans were left shell-shocked as a double from last season's top-scorer Richie Claydon and Danny Keen saw Wantage storm into a 3-0 lead. Although former Rushden and Diamonds youngster Lewis Hallford hit back for Banbury, it was too late for Fuller's outfit.



Bowing out, Billy Jeffrey

SOUTHERN LEAGUE DERBY DATES

August 29: Oxford City v Banbury Utd; North Leigh v Abingdon Utd.

Sept 13: Didcot Tn v North Leigh.

December 26: Brackley Tn v Banbury Utd; Didcot Tn v Abingdon Utd.

Jan 2: Banbury Utd v Oxford City; North Leigh v Abingdon Utd.

Feb 11: North Leigh v Didcot Tn.

April 9: Banbury Utd v Brackley Tn.

STARS with Claire Petulengro



Service provided by IMS Leeds LS1 8LB. Calls cost 61p per minute at all times

ARIES Mar 21-Apr 19 **LIBRA** Sep 23-Oct 22

You are set to face a very tricky situation this week, where it can be once actually pay off in your favour to take a gamble. Don't argue with younger people midweek, no one can win as the planets push all of our emotions and tempers to the limit. Give me a call now to hear how Jupiter favours a better working week for you.

Look out Libra, for someone is on the warpath for something you did quite some time ago. Don't get too worried though, as they really don't have as much proof as you may think, how could they? Cool and calm is the way to get over this one my friend. Give me a call now to hear how this could be your most romantic month yet.

TAURUS Apr 20-May 20 **SCORPIO** Oct 23-Nov 21

You may miss a certain person but you can rest assured that they will be coming back. They just have some unfinished business that they need to take care of first. Little things you do in the workplace are being noted, so make your actions count, especially on Wednesday. Ring now for news on an exciting new love forecast.

Try not to lose your temper with a loved one who is going to be acting in a rather selfish mood. We all go through times of distraction and what they need right now is support not criticism. The chance to expand your knowledge may require more time than you can spare so don't be too hasty in handing over your cash. Call now for insight.

GEMINI May 21-Jun 20 **SAGITTARIUS** Nov 22-Dec 21

Where your social life is concerned this appears to be a particularly memorable time for you and you are unlikely to be experiencing any boredom. You are also set to come into contact with some interesting people who can introduce you to a more fulfilling social life. Call now to get a clearer picture of what your future has to offer.

An opportunity that you thought might never come round again in love is going to be knocking at your door and very loudly too. Don't underestimate the power of a Scorpio who may hold more authority than you think concerning an important work matter. Phone now to hear why lies must be avoided at all costs this week.

CANCER Jun 21-Jul 22 **CAPRICORN** Dec 22-Jan 19

Avoid extravagant spending as you are going to need every penny you have for an upcoming trip the stars are forecasting. Go ahead with confidence in romance, as you can be sure that your feelings for a certain person are very much returned. Give me a call now to hear why it's time taking the lead in all business dealings.

Old friends are forecast to come back into your life, as an invitation that is set to arrive should bring the past and the present together in a most gratifying way. Don't give in to the nagging of a friend regarding a financial matter, stand by your beliefs Capricorn. Call now to hear how foreign names and accents bring good luck your way.

LEO Jul 23-Aug 22 **AQUARIUS** Jan 20-Feb 18

An area of conflict is apparent with a close friend or relative. Try not to involve too many people or you will blow the situation out of proportion. Why not try putting some distance between yourselves for a little while. We all need some breathing space once in a while. Call now to make the most of this versatile week.

Things that you thought to be completed in work now appear to be anything but. It would however be to your benefit to keep a calm manner about you or you are going to make superiors think you cannot handle your responsibilities. Phone me now to hear why it's worth sticking to the promises you made for the week ahead.

VIRGO Aug 23-Sep 22 **PISCES** Feb 19-Mar 20

There is much that you want to do but you must try to organise some sort of a schedule for yourself or you are never going to manage to complete any one thing. Don't get into debates with a colleague midweek; you will not win any arguments, even if you are right Virgo. Call now and I'll reveal all you need to know.

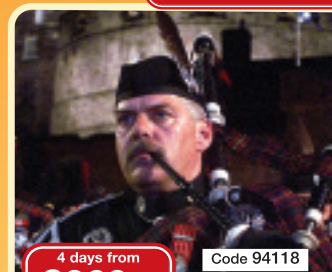
You are rushing into things that really require time and energy to reach perfection. Time is on your side so use it or you could miss out on the passion that your heart has quite clearly been crying out for, for some time now. Last minute changes to social plans can bring passion and intrigue into your life. Call now for the details.

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DEMAND**
Friday 15th July
Sunday 31st July 2011
**DON'T
MISS OUT**

Hate gyms? LOVE GYMOPHOBICS!

The four ages of Gymophobics

ONE THING that strikes visitors to Gymophobics for the first time is the incredible mixture of ages. Not only do members come in all different shapes and sizes, but they vary in age far more than in 'conventional' gyms. Whilst most members in a conventional gym are in their mid twenties, at Gymophobics the mix is much greater. More and more mothers and daughters now attend, and increasingly so are their grandmothers! Ages range from as young as twelve to members in their eighties!

And, why not? Gymophobics (people who don't like gymnasiums) come in all ages and shapes and sizes. So, what attracts people who would never go to a conventional gym? Members come up with many answers including the friendliness, the close personal attention of staff, the 'air resistance' equipment which makes exercise so easy, the fact that it takes 30 minutes and is an all female environment, the focus on weight loss and figure improvement and the fast results.

The most common answer however, is that most women find conventional gyms quite 'intimidating', but at Gymophobics they can feel quite relaxed. We surveyed members of different ages to find out what their primary goals were and the table below is a broad summary of what they told us.

Age goals

> Under 17:

Often brought along by their mothers concerned about their daughter's lack of physical activity, poor posture and early weight gain. This is also the age to build strong bones and avoid osteoporosis in later life!

> 18 to late 30s:

To achieve and maintain a great figure, weight loss.

> 40 to mid 50s:

Weight loss, speed up metabolism.

Avoid muscle atrophy.

Reduce the risk of cardiovascular disease.

> 55 plus:

Anti aging benefits of regular exercise.

Increase energy and mobility. Sleep better. Resist

osteoporosis.

Avoid weight gain.

THE GYMOPHOBICS EXPERIENCE

Don't worry if you are overweight or very unfit! So too are many of our ladies when they start. There are no mirrors at Gymophobics and no lycra leotards either. Come along in loose clothing and enjoy the relaxed 'intimidation-free' environment.

Easy and friendly

Tracey is confident that Gymophobics can work for everyone. 'Whatever your weight or figure problem, we will help you achieve results. Our 'air resistance' equipment will make results easier than you ever thought possible and you will actually look forward to your visits. You will make lots of friends too. So come along and give Gymophobics a try. The results will amaze you'.



On your first visit, you will be shown around and we will answer all of your questions. We will even tell you what results you can expect and how long it will take you to achieve your ideal figure and how often you will need to attend (most ladies visit us two or three

times each week for a thirty minute session). If you decide to enrol, we will book you in for an induction. This usually takes an hour and is a one to one session with a qualified instructor who has been trained at our own training academy. Thereafter, each time you come along an instructor will ensure that you know exactly what you are doing and will gradually upgrade your programme as you gain in fitness and confidence.

Amazing benefits

Every ten weeks you will be booked in for a reassessment which will show the results you have achieved. Expect to be amazed! We can sculpt your figure and ensure that inches are lost from all the right places. Your metabolism will speed up and you will burn excess fat from all over your body. You will take on a leaner, firmer appearance, your tummy will flatten and your bust will be lifted. Flabby areas around the bum, thighs and the back of the arms will disappear. Whatever your ages, you will feel great too.

Energy levels are dramatically increased within weeks of starting your Gymophobics programme and you will sleep better. Even your digestion will improve.

Looking better will raise your self esteem. You will grow to like yourself more and be able to face life with new confidence. It is no exaggeration to say that Gymophobics can change your shape and your life!

Training our staff

Ever wondered what training instructors receive? At Gymophobics we take training very seriously. That's why we are probably the only gym company in the UK to operate a full time training academy for our staff.

The gym instructors in the UK have received very little formal training. Even the NVQ qualifications offered by some colleges are little more than an introduction to the subject of programme planning and health and safety guidelines.

The Gymophobics staff training programme is designed to produce highly competent instructors with the knowledge, formal training and experience to ensure that members achieve results without the

risks associated with ill advised exercise and regimes. Our training academy operates 50 weeks of the year and instructors attend for weeks at a time and go back to their own gyms to study our training manuals and DVDs and gain practical experience.

During their first twelve months instructors will also attend a variety of advanced seminars at the academy and

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take a series of ever more gruelling examinations to ensure they reach the company standards of competence.

Our training team is led by sports science graduates. Training includes anatomy, exercise physiology, nutrition, kinesiology, exercise related medical issues, weight loss and metabolism, client counselling etc. The training is ongoing and staff attend refresher seminars to top up their knowledge.

No wonder that the Gymophobics instructors are probably the best in the land and help our members achieve the kind of results which other gyms can only dream of.

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Sunday 31st July 2011

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Let us help you achieve the figure you deserve
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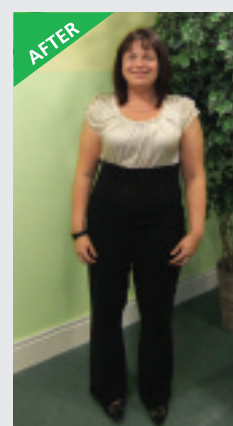
Debbie Pratt



When I started at Gymophobics In January 2011 I was very nervous! I was however made to feel very welcome as the Instructors put you at ease

straight away. The staff are always friendly, caring and very supportive, they are always encouraging and give plenty of good advice that helped me keep on track. After 2 re-assessments I have lost 1 stone 7 ½ lb plus an astonishing 27 inches in 20 weeks. I am enjoying it today as much as I did the day I first started and loving my new look.

Clare Campbell



"I used to always feel tired and never had energy, my knee's always hurt from a previous injury and I lacked motivation. I started going to Gymophobics after a lot of persuasion from a friend, gym's were never something I stuck at and always seemed a waste of money. I have now been going approx 4 times a week for 7 months

and have never felt so good, my knee's are better, I have lost 18 inches and 2 stones and the gym has been a big contribution to this. Some of the reason I have stuck with this is the gym is a comfortable environment, the staff are supportive and always motivating (which I need!) and I can see great results.

Jill Loveridge



I joined Gymophobics in Feb 2009 and am still currently a member. I've enjoyed it from the day I started, as my programmes are consistently changed every 8- 10 weeks to help keep me keen and motivated. I didn't have lots to lose although I have currently lost 1 stone 8 ½ lb and 25 inches off my body. I am really pleased also because my body fat and Bmi have both reduced and they are now classed as healthy. I attend 3 times a week or even 4 where possible. All the staff have been really helpful and encouraging on every visit and because the atmosphere is so friendly I always look forward to my sessions. I also have to mention the 54321 slimming club as this has really helped me to be disciplined with my eating habits and I'm so happy with my results that I've now started Nordic walking in excess of 5 miles at a time as my fitness has improved that much. I would highly recommend Gymophobics to any lady of any age or size because if I can do it anyone can.

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- Lounge
- allocated parking



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- Garage in a block



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Woodgreen Avenue

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- Kitchen/diner
- Store room
- Bathroom
- Rear garden



£149,950

Danesmoor

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- Kitchen
- Bathroom
- Garden
- Close to the town centre



£154,950

Waltham Gardens

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- Bathroom
- Enclosed garden
- Parking



£159,950

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- Driveway To Double Garage

Greatworth



£180,000

- Three Bedroom Terraced House
- Kitchen/Diner
- Neutral Decor Throughout
- South Facing Garden

- Front and Rear Gardens
- Conservatory
- Off Road Parking
- An Internal Viewing Highly Recommended

Bretch Hill, Banbury



£148,000

- Two Bedrooms
- Gas Central Heating
- Double glazing
- Larger Than Average Enclosed Rear Garden
- Driveway Parking
- Garage
- Conservatory
- Utility Room

Barford St. Michael



£360,000

- Detached Family Home
- Five Bedrooms
- Generously Sized Rear Garden
- Large Living Accommodation
- Larger Than Average Garage
- Sibford and Warriner School Catchment Area

Byfield



£425,000

- No Onward Chain
- Charming Period Four Bedroom Detached Cottage
- Separate One Bedroom Annex
- Gas Fired Central Heating
- Driveway Parking
- Generously Sized Garden

Ruscote Avenue, Banbury



£145,000

- Three Bedroom End Terrace
- Living Room
- Kitchen/ Dining Room
- Bathroom
- Front and Rear Gardens
- Off Road Parking

Steeple Aston



£375,000

- Period Village Home
- Living Room, Refitted Kitchen, Conservatory
- Three Bedrooms, Refitted Bathroom, Shower Room
- Double Glazing (where specified), Gas Central Heating
- Enclosed Stone Walled Rear Garden
- Off Road Parking and Tandem Garage

Middleton Cheney



£174,950

- End Of Terraced Cottage
- Tastefully Presented
- Kitchen/Dining room & Living Room
- Two bedrooms, Office & Bathroom
- Double glazing & gas central heating
- Must Be Viewed

Warwick Road, Banbury



£149,950

- A Two Bedroom Terraced House
- Living/Dining Room & Kitchen/Breakfast Room
- Two/Three Bedrooms & Bathroom
- Gas Central Heating, Double Glazing
- Front & Enclosed Rear Gardens
- No Onward Chain

Verney Road, Banbury



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- Top floor Room
- Two Bedroom Apartment
- Kitchen & Living Room
- Master With En-suite Shower
- Further Bedroom & Bathroom
- Dual Aspect

Miller Road, Banbury



£150,000

- No Onward Chain
- Three Double Bedrooms
- Good Sized Living
- Accommodation
- Enclosed Rear Garden
- Driveway Parking

Warwick Road, Banbury



£230,000

- Semi Detached Family Home
- Three Bedrooms & Larger Than Average Loft Conversion
- Two Separate Reception Rooms
- Ground Floor WC
- Gas Central Heating & Double Glazing (where specified)
- Driveway Parking Leading To Single Garage

Mascord Close, Banbury



£129,950

- Three Bedroom House
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- Double Glazing, Front and Rear Gardens
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Price



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- Living/Dining Room
- Kit/Breakfast Room
- Cloakroom
- Utility
- Bathroom
- Front & Rear Gardens
- Dbl Gge



WARKWORTH CLOSE **£270,000**

- 4 Beds
- 2 Reception rooms
- Conservatory
- Study
- Cloakroom
- Kitchen
- Ensuite Bathroom
- Bathroom



HIGH ACRES **£169,950**

- 3 Beds
- Living/Dining Room
- Kitchen
- Bathroom
- Front & Rear Gardens
- Gge & Drive
- White uPVC dbl glzd windows
- Gas fired rad heating

New
Instruction



FARNBOROUGH **£164,950**

- 3 Beds
- Sitting Room
- Kit/Dining Room
- Utility Area
- Bathroom
- Gardens to three sides
- Backing onto playing fields with rear views
- No upward chain



BRANTWOOD RISE **£189,000**

- 2 Beds
- Sitting Room
- Refitted Kitchen
- Conservatory
- Refitted Bathroom
- Front & Rear Gardens
- Gge & Driveway
- Gas fired radiator heating



CHAMBERLAINE COURTLEASEHOLD **£145,000**

- 2 Beds
- Lounge
- Kitchen
- Refitted Bathroom
- Communal Lounge
- Communal Laundry Room
- Canal view
- No onward chain



WARKWORTH CLOSE **£195,000**

- 3 Beds
- Lounge
- Kit/Dining Room
- Cloakroom
- Utility
- Ensuite
- Bathroom
- Rear Garden



SPENCER COURT **L/H £95,500**

- 1 Bed
- Lounge
- Kitchen
- Shower Room
- Former Show Home
- Communal Lounge
- Communal Garden
- No onward chain



THE MAGNOLIAS **£140,000**

- 2 Beds
- Lounge
- Refitted Kitchen
- Conservatory
- Wet Room
- Front & Rear Gardens
- Off road parking
- No onward chain



EDWARD STREET **£144,950**

- 3 Beds
- Living Room
- Kitchen
- Lean to conservatory
- Wet Room
- Front Garden
- Rear Garden
- uPVC double glazed windows



GUERNSEY WAY **£140,000**

- 3 Beds
- Living Room
- Refitted Kit/Dining Room
- Refitted Bathroom
- Front & Rear Gdns
- Gge in block
- Gas fired rad htng
- uPVC dbl glazd windows



BRAMBER CLOSE

- 3 Beds
- Living Room
- Kit/Dining Room
- Cloakroom
- Refitted Bathroom
- Front & Rear Gardens
- White uPVC double glazed windows
- Gas fired radiator heating



EDINBURGH WAY **£129,500**

- 2 Beds
- Lounge
- Kit/Breakfast Room
- Utility lobby
- Bathroom
- Front & Rear Gardens
- Off road parking
- Gas fired radiator heating



GLYNDEBOURNE GARDENS **£112,500**

- Galleryed Bedroom
- Living Room
- Kitchen
- Bathroom
- Open plan front gdn
- Gge located in a block
- Currently let at £525pcm
- No onward chain

New
Price



COOPERS GATE **£117,000**

- 1 Dbl Bed with fitted wardrobe
- 20' 5" Living/Dining Room
- Refitted Kitchen
- Refitted Bathroom
- Neutral Decoration
- Communal Gardens
- Allocated parking space
- Close to town



WARWICK ROAD **£199,950**

- 3 Beds
- Living Room
- Dining Room
- Kitchen
- Conservatory
- Bathroom
- 78'0 (23.77m) rear gdn
- Driveway



SOUTH STREET **£139,950**

- 2 Beds
- Sitting Room
- Kitchen
- Spacious Bathroom
- Front & Rear Gardens
- Some exposed footboards
- Slipped pine doors
- uPVC double glazed windows (where specified)



HEARTHWAY **L/H £97,500**

- 1 dbl bed
- Private Ent Hall
- L-shaped Living/Dining room
- Refitted Kit
- Bathroom
- White uPVC dbl glzd wnds
- Electric hng
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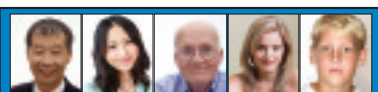
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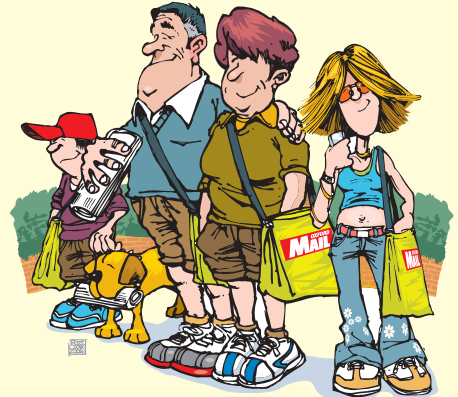
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04	54 RENAULT MODUS DCI, A/C, S/R, CD, Alloys	£25. £4999
04	04 PEUGEOT 206 GTI HDI DIESEL, Met Blue, 1/2 Leather, A/C, 6 CD, Alloys, Only 43000 Miles	£24. £4999
03	03 PEUGEOT 307 1.6, 5 Door, A/C, CD, Alloys	£20. £4299
02	02 VOLKSWAGEN GOLF 1.9 GT TDI 130 BHP, 5 Door, BLUE, A/C, CD, Alloys, Airbags Elec Windows	£17. £3499
02	02 CITROEN XSARA 2.0 HDI LX, White, A/C, CD, Alloys, Air Bag, Elec Windows	£11. £2299

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05	05 JAGUAR X-TYPE 2.0 DIESEL ESTATE, Dark Silver, Full Leather, A/C, CD, Alloys, PAS	£37. £7999
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06	06 PEUGEOT 307 SW SE HDI, Dark Silver, A/C, CD, Alloys, 7 Seats Available	£28. £5999
55	55 FORD FOCUS DIESEL ESTATE, A/C, CD, Elec windows	£26. £4999
05	05 FORD FOCUS GHIA DIESEL AUTOMATIC, Blue, A/C, CD, Alloys, Air Bag	£23. £4999
03	03 FORD MONDEO TDCI ESTATE, A/C, CD	£20. £3999
03	53 PEUGEOT PARTNER, Diesel, Elec windows	£18. £3999

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56	56 RENAULT GRAND SCENIC 7 SEAT 1.6, Red, A/C, CD, Alloys, 7 Seats, Low Miles	£26. £5699
07	07 RENAULT SCENIC 1.6 DYNAMIQUE, Met Blue A/C, CD, Alloys, Great Value Family Car	£26. £5499
55	55 RENAULT SCENIC 1.6, A/C, CD, New Shape	£30. £5299
54	54 SUBARU LEGACY 2.0 ESTATE 4X4, Met Blue, A/C, CD, Alloys, Elec Windows, Airbags	£27. £5699
56	56 CITROEN PICASSO 1.6, A/C, CD, Met Blue	£25. £4999
52	52 HYUNDAI SANTA FE DIESEL, Met Gold, A/C, CD, Alloys, Roof Bars, Airbag	£23. £4999
54	54 SUZUKI GRAND VITARA 1.6, 3 Door, Blue Over Silver, A/C, CD, Low Range Elec Windows	£23. £4999
04	04 CITROEN PICASSO, A/C, CD, Elec Windows	£22. £4699
53	53 RENAULT SCENIC 1.6, A/C, CD, 1 Owner	£19. £3999
00	W HONDA HR-V 1.6, 2 DOOR, Silver, A/C, Airbags, Elec Windows, Alloys	£18. £3299
02	02 RENAULT SCENIC 1.6 FULL, A/C, CD, Alloys	£18. £3799
54	54 NISSAN TINO, A/C, CD, 5 Door	£15. £3699
98	R NISSAN TERRANO 2, Green / Silver, 7 Seats, Diesel, A/C, CD, Alloys, Great Condition	£17. £3699
00	W LANDROVER FREELANDER 1.8 XI, Met Black, 5 Door, A/C, CD, Alloys, Elec Windows	£14. £2999

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57	57 SKODA OCTAVIA 2.0 VRS, Bright Red, A/C, CD, iPod, Alloys, 200bhp, Family Car!!	£42. £8999
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57	57 VAUXHALL MERIVA 1.4 16V LIFE, Silver, Radio CD Player, Twin Airbags	£26. £5499
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03	03 SUBARU IMPREZA 2.0 GX SPORT AWD, Met Black, A/C, CD, Alloys, Superb Condition	£22. £4699
54	54 NISSAN ALMERA 1.8, A/C, CD, Alloys	£21. £4499
01	Y BMW 316TI COMPACT, Met Blue, 1/2 Leather, A/C, Sunroof, Alloys, CD, Airbags	£19. £3999
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04	04 FORD FIESTA 1.4, Silver A/C, CD, Air Bags, Elec Windows	£19. £3999
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03	03 FORD FOCUS 1.6 ZETEC, Met Blue, A/C, CD, PAS, Airbags	£19. £3999
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03	03 FORD FOCUS AUTO, 5 Door, A/C, CD	£26. £3799
53	53 PEUGEOT 206 1.4 LX, Metallic Green, Air Con, E/Windows, Service History	£18. £3699
53	53 CITROEN XSARA PICASSO LX, Lt Metallic Blue, Air Con, CD Player, Two Owners, Service History	£18. £3699
03	03 ROVER 75 1.85, A/C, CD, Alloys, Elec Windows	£17. £3699
03	03 MITSUBISHI SPACE STAR, A/C, CD, Elec Windows	£18. £3699
03	03 FORD FIESTA 1.6 GHIA, 5 Door, Blue, Elec Windows, CD, PAS, Remote Locking	£17. £3699
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03	03 NISSAN ALMERA 1.8, A/C, CD, Elec Windows	£15. £3299
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03	03 CITROEN C3 1.4 LX, Red, 5 Door, A/C, CD, Airbags, Higer Miles, Hence	£12. £2499
52	52 VAUXHALL CORSA 1.2 5 DOOR, Blue, Only 58000 Miles, Ideal First Car	£12. £2499
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98	R CITROEN SAXO 1.6, 3 Door, Red, Elec Windows, CD, New MoT	£999
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*Typical Finance example: Cash Price£8999, deposit of£1000, balance to finance£7999 plus charges for credit£2099.60. Payable by 59 monthly payments of£168.31 plus one final payment of£168.31, total amount payable£11098.60. 9.9% APR. Credit provided subject to status, guarantees and indemnities may be required. Terms and conditions apply.

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* finance example. cash price £9495, deposit/part exchange £1800, total amount of credit £7695, purchase fee £10.00, credit facility fee £338.00, Total amount payable £10989.00, initial payment £149.00, 58 monthly payments £149.00, final payment £398.00 duration of agreement 60 months, representative APR 7.3% APR, interest rate fixed 5.54%

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SX4 model shown is the 1.6 SZ4 M/T available at £12,660 on the road (metallic paint at £399). Swift model shown is the 1.2 SZ4 5 door M/T available at £12,505 on the road (metallic paint at £399). Splash model shown is the 1.2 GLS* available at £10,535 on the road (metallic paint at £399)

SX4 range official fuel consumption figures in mpg (L/100km): urban from 32.5 (8.7) to 35.8 (7.9), extra urban from 50.4 (5.6) to 54.3 (5.2), combined from 42.2 (6.7) to 45.6 (6.2). Official CO₂ emissions from 155g/km to 143g/km. Swift range official fuel consumption figures in mpg (L/100km): urban from 41.5 (6.8) to 46.3 (6.1), extra urban from 57.6 (4.9) to 64.2 (4.4), combined from 50.4 (5.6) to 56.5 (5.0). Official CO₂ emissions from 129g/km to 116g/km. Splash range official fuel consumption figures in mpg (L/100km): urban from 36.2 (7.8) to 51.4 (5.5), extra urban from 57.6 (4.9) to 70.6 (4.0), combined from 47.9 (5.9) to 62.8 (4.5). Official CO₂ emissions from 142g/km to 119g/km.

MOTORS		BAILEYS SCOPO		Audi		Daihatsu		Ford		Hyundai		Mercedes-Benz					
Commercial Vehicles AVONDALE GODIVA 515 - 4  Excellent order throughout, to include almost new awning, crockery, cutlery, new gas bottles, leisure battery, freeview TV, full sized cooker, fridge, heater, Wootton Bassett 01793 850073 £4750		BAILEYS SCOPO  21FT 1991 5 berth, cassette, w/c hot and cold water, electric hookup lead, water cylinder, cooker fridge, one previous owner, very good condition throughout 07833 157392 £1,650		AUDI ALLROAD  I owner, Full Audi service history, New Mot, just serviced, Nav, bluetooth, parking sensors, tiptronic, Multifunction 07973542672 £6,500		DAIHATSU Sportrack, Jeep, 1.6, XI, Estate 4x4, grey, low mileage, 39,000 miles, great runner, MoT Sept 11, 1996, regularly serviced, in family many years £950 ono Tel 07742162632		FORD MONDEO XL 1999, 5dr hatchback, 1796cc, petrol, alloy wheels with good tyres, MOT until April 2012, tax until end of October Tel: 01793 876125 or 07770 741516 £450 ono		FORD FOCUS  2003 Ford Focus Estate 2.0i Ghia 5-door Automatic. Petrol car in excellent condition. Mileage is 50203. MOT and Tax valid until January. Owners returning to Canada - must sell 01865 430842 £2,600		FORD KA COLLECTION  1999. T Reg. MOT March 12. Tax End Aug 11. 94,661 miles. New exhaust. A/C. 01380 722717 07770 228534 £895 ono		HYUNDAI ELANTRA 1.6 Si hatchback, 2002, silver, PAS, ABS, air con, 102k mls, 2 owners, recent cam belt / clutch & brakepads, MoT Nov, 36-40 mpg, excellent cond, sale due to house move Tel. 01380 828405 / 07709 619031 £750 ono		MERCEDES-BENZ MERCEDES C180 R reg, Mot oCT 11, Tax Sept 11, blue, tidy car drives well ideal family runner 07864 109935 Oxford £795 ono (T)	
Motor Cycles & Scooters Yamaha Jog RR  Yamaha JOG RR, 50CC, 2007 57 reg, 4900 miles, MOT May 2012, new exhaust and rear tyre, one owner from new, FSH, excellent condition 01993 823130 £750		BESSACARR CARAVAN 1995, 5 berth top of the range, full specification, all extras, good condition, storage paid for 6 months. 01380 831461 £2900		BMW BMW 328I COUPE AUTO  02/97(P). 82000. Tested 08/02/12. Taxed 07/11. Two owners. Full BMW SH. Silver, black leather interior. ABS. Traction. Climate. Sunroof. Parking sensors. Abingdon (01235) 550156 £1995		Fiat FIAT PUNTO 1.2, 16V, HLX, 2000, 11 months Mot, 90k miles, a/c, Kenwood Hi-fi, Alloys, cloth trim, 2 keys, Service history, just serviced with new pads and cam belt, met red 07919448269 07876504107 £775 ono		FORD ESCORT ESTATE 1.6 NO MOT, IDEAL FOR SPARES OR REPAIRS. 1997, manual, petrol, excellent interior, alloy wheels, was good runner. 07704 872455 £325		FORD FOCUS C-MAX  Blue, 2005, 1596cc, petrol, air con, alarm, alloys, CD, C/RL, heated screen and mirrors, elec windows, ABS, new tyres, service history. 01793 538594 £3,695		FORD PUMA  Silver, 1999, 1679cc, petrol, alarm, alloys, C/RL, taxed Oct 2011, MOT April 2012. Good runner, body work needs some attention. 07557 132400 £800		Mazda MAZDA MX 5 1997 Green 5 months MoT Vented discs Recent cambelt 01225 753716 £1,800		MG MG MIDGET  1500, 1978, Mot July 2012, new brakes, all covers and soft top in good condition, kept in garage 01793 790654 £2,250	
Caravans & Motorhomes ACE Viceroy Mark 2  5 berth, 1989, good starter caravan, recent gas and electric safety check, new battery. 01380 871661 £699 ono		SWIFT/Mondia I GT  Two berth Fiat 1.9 td 2002, 23,000 miles, 10 months MOT, F.S.H., one owner, Fiamma awning, Tow Bar 07940 823724 or 01225 753027 £17,995		Citroen CITROEN BERLINGO Multi Space Estate blue, 1999, 12 Months Mot, radio converted to carry scooter/wheel chair, one previous owner, very good condition 01235 762257 £1,295		FIAT PUNTO Red, 3 door hatchback. W Reg (2000). 1242cc. MOT to July 2012. Good clean condition inside and out. Excellent first car or to replace MOT failure. 01249 657532 £500		FORD FIESTA ENCORE 5 Door, 1996, mot April 2012, Tax 2012. Tel: 01793 637537 £475. ono.		FORD FOCUS ESTATE LX TD 1.6 Yr 55, air con, tax, MoT, 61,000 miles, diesel, very good condition Tel: 01793 530559 £4900		Honda HONDA ACCORD VTEC 5dr HB, 1.8, petrol, met red, pas, a/c, cd, alloys, 2 keys, Long Mot, fsh, recent tyres, lovely cond in/out, superb drive, must be seen, consider px on small car with Mot 01235 768343 £995		MAZDA MX5 1.8. V Reg. 94,000 miles. MOT April 12. Tax Sept 11. FSH. British Racing Green. New Tyres. New hood. 01666 823510 £1500 ono		Mitsubishi MITSUBISHI  4X4 2.8 diesel auto, N reg, 89,000 miles, Mot & taxed, tow bar & electrics, good condition. 01865 820702 £1995 ONO	
WANTED MOT FAILURES Scrap cars, and any other scrap WANTED Tel: 01869 347842 Mob: 07966 176990		Motors Wanted  ANYONE! ANYTIME! ANYWHERE! Now everyone can read the Banbury Cake Just log onto banburycake.co.uk/eedition		FIAT SEICENTO 1.1 2002, petrol, low mileage for year, 29,900, 1 year MoT, 2 months tax, ideal runabout Tel: 01793 692246 £1500 ovno		FORD FIESTA STYLE 1.4 Black, 2009, 1388cc, Petrol, AirCon, CD, C/RL, Immaculate condition, low mileage, alloys, bluetooth, heated windscreen, reluctant sale. 07766 318897 £7,000		FORD KA COLLECTION  1999. T Reg. MOT March 12. Tax End Aug 11. 94,661 miles. New exhaust. A/C. 01380 722717 07770 228534 £895 ono		HONDA JAZZ 1.4DSI SE SPORT  Silver, 2005, petrol, air con, alloys, CD, C/RL, immaculate condition, new tyres, FSH, MOT & tax till 2012, 1 lady owner 07545 740217 £5,200		Mercedes-Benz MERCEDES C CLASS  2003, CDI, 220 silver, Avantgarde Estate, auto, alloys, black leather, MoT Nov, low mileage 62,000 miles, good condition, just serviced 01235 559291 £5,750		MITSUBISHI COLT EQUIPPE Silver, 1.1 litre petrol, 5 door, 2005, 13,388 miles, MOT/Taxed until March 2012, 1 owner, very good condition, full service history, Sunroof, cd player 077171 30358 £4000			

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<div><div>Nissan</div><div>NISSAN</div><div>Almera Tino. 1.8. 53 plate. Silver. FSH. 2 owners from new. A/C. CD Radio. 6 months tax. 6 months MOT. Exc condition. 88,000 miles.</div><div>01249 661080</div><div>£2150 ono</div></div>	<div><div>PEUGEOT 206</div><div></div><div>look, 3 door, silver, 2002 1124cc. aircon, 56,000 miles c/r/l/ 2owners, 2 months tax and MoT, runs well, CD Player, genuine reason for sale.</div><div>Tel 01993 703394</div><div>£900 ono</div></div>	<div><div>RENAULT LAGUNA</div><div>1997, R reg, 1998cc, petrol, 12 months MOT, excellent condition, low mileage</div><div>Tel: 01793 692443</div><div>£525</div></div>	<div><div>Rover</div><div>ROVER 25 IXL</div><div></div><div>2003 (52 plate), 74,000 miles, 5 Door Hatchback, Petrol, Silver, Manual, Air Con, Electric Windows, Electric Sunroof, Leather Seats, 12 Months MOT, 6 Months TAX.</div><div>07799 807933</div><div>£995</div></div>	<div><div>VAUXHALL ASTRA</div><div>1.6i, 16V, automatic, e/w, p/s, c/l, sunroof, good condition, excellent drive, 80,500 miles, MOT June 2012.</div><div>07402 776928</div><div>£800</div></div>	<div><div>Volkswagen</div><div>VOLKSWAGEN BEETLE</div><div>1970, 1300 cc, White (restored) 14,000 miles on recon engine, good cond / runner. MOT, Tax exempt. low insurance</div><div>Tel: 07909 696163</div><div>£2,800</div></div>	<div><div>Volvo</div><div>VOLVO CX90</div><div>04, full spec, FSH, 118k, MOT 10 months, tax October 2011, silver with black leather interior, tow bar, excellent condition.</div><div>01380 831461</div><div>£7500</div></div>
<div><div>NISSAN MICRA 1 LITRE</div><div>M Reg 12 months MOT 3 months TAX Green Good Runner Banbury Area</div><div>07515 355183</div><div>£550 ono</div></div>	<div><div>PEUGEOT 206</div><div></div><div>Convertible Cabriolet Quicksilver Ltd Ed. 1.4cc. 2004 ('04) Low mileage. FSH. 12 Mths MOT. Good condition</div><div>Tel: 01793 486767</div><div>£4,200 ono</div></div>	<div><div>RENAULT MEGANE</div><div>2005, red, 5 door, 1600 cc, electric windows, regularly serviced, manual, petrol, MOT Jan 12, tax Oct 11, low mileage, excellent condition.</div><div>01225 767643</div><div>£2200</div></div>	<div><div>ROVER 25</div><div>51 plate, MGZR, 1400cc Non turbo, 3 door hatchback, Black, clean and tidy, ideal run around, cheap on petrol</div><div>07864 109935 Oxford Px poss</div><div>£995 ono (T)</div></div>	<div><div>VAUXHALL ASTRA CLUB</div><div>1.6 Auto, 53 reg, petrol, 13k miles, 100 Oct, Tax Aug, radio/cd, very good condition</div><div>07855558304</div><div>£1300</div></div>	<div><div>VOLKSWAGEN PASSAT</div><div>1.8 Turbo, 1999 S, 104k mls, blue, air con, alloys, CD, central locking, e/mirrors, e/windows, PAS, leather seats, fsh, 12 mths MoT, Tax Oct 11</div><div>Tel. 01793 724768</div><div>£900 ono</div></div>	<div><div>VOLVO 940SE</div><div>Auto, estate, 1993, 2Li, white, 7 seater, e/w, t/s, c/l, s/r, Tax Dec 2011, Mot 23/6/12, Clean for the year, runs well, Oxford</div><div>01865 245418 078331 60856 (T)</div><div>£595 [TRADE]</div></div>
<div><div>NISSAN PRIMERA GX ESTATE</div><div>Petrol, 1999 T reg, Blue, 105,000 miles, 12 months MOT, 6 months tax, good condition</div><div>Tel: 01380 816722</div><div>£750</div></div>	<div><div>PEUGEOT 106 1.1 ZEST 2</div><div></div><div>2001, Silver, Inc Private Plate, Tax & 12mths Mot, Stunning Grey, Alloys, Low Mileage, Power Steering, Electric Windows</div><div>07710 247062 01295 256014</div><div>£925 [T]</div></div>	<div><div>RENAULT MEGANE CLASSIC 1.6</div><div></div><div>T reg 99, 88K miles, 12 Mths MOT, Tax Dec 2011, FSH, R/C locking. Excellent condition</div><div>077591 95005</div><div>£725</div></div>	<div><div>Vauxhall</div><div>VAUXHALL ASTRA</div><div></div><div>Blue, 2001, 1598cc, Petrol, AirCon, C/RL vg condition new car force sale fsh mot march 2012 low mileage good engine</div><div>07570 373249</div><div>£700</div></div>	<div><div>VAUXHALL ASTRA CLUB 1.6i</div><div></div><div>Petrol Automatic, 2002 Dark Blue 5 Door Hatchback, FSH, Cambelt/Service 60K miles, MOT Feb 2012, A/Con, C/Lock, E/Windows, Excellent Condition.</div><div>07971 017485</div><div>£1,495</div></div>	<div><div>VOLKSWAGEN POLO</div><div></div><div>Silver, 2003, 1422cc, Diesel, air con, new tyres, tax-Oct, Mot-May 12, service history, alloys, hatchback, 5-door, 2 owners, manual, vgc.</div><div>079676 34535</div><div>£3,500</div></div>	

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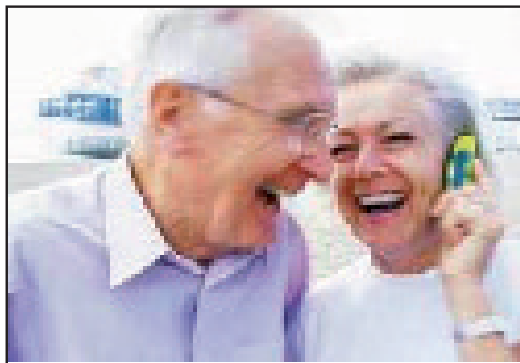
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